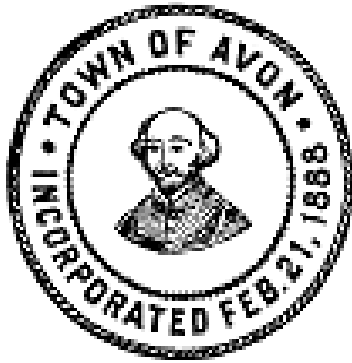


# THE AVON TOWN CRIER



## COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: [www.avon-ma.gov/council-aging](http://www.avon-ma.gov/council-aging)

EMAIL: [coa@avon-ma.gov](mailto:coa@avon-ma.gov)

**Volume 58, Issue 4**

**April 2023**

### A Message from the Director

Hi,

Looking forward to Spring and warmer weather!

Please save the date of May 18th for an important informational program at the Council on Aging.

As many of you know we have recently been recognized as a Dementia Friendly Community. We will be having a kickoff program on Thursday, May 18th, from 4-6pm, which will provide lots of valuable information and resources for families, relatives, and community members. We will have refreshments available and The Boston Red Sox World Series Trophy will be here for pictures as well. Please mark your calendars and join us!

We still have a few Red Sox tickets available for the Thursday, April 20th, game at 1:20pm. Tickets are \$60 it includes round trip bus and ticket into the game. Please call Cathy if interested.

Stay Healthy and Safe,

Jane Carthas, Director



## IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach:774-480-5352

Cathy Emery-Activity Coord. :774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

## April Birthdays

James Ficarra

Deb Greene

Cris Kopke

Nelson Laine

Peter Marino



Nancy Mcentee

Bob Minerella

Pat Olson

Kathleen Smith

Rose Stefani

**ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE COA**

Don't miss out on Life.....  
Improve your hearing today



Michael Schmit Lic # 224  
Board Certified  
Hearing Instrument Specialist

- FREE hearing screening
- FREE hearing aid cleaning
- FREE video ear exam



CALL THE COA @ 508-559-0060  
TO BOOK AN  
APPOINTMENT  
10:30-12:30am



## **FREE 911 PHONES**

**THE COA HAS SECURED CELL PHONES THAT ONLY CALL 911 IN AN EMERGENCY. THERE IS NO SERVICE PLAN, YOU CAN'T TEXT OR MAKE ANY CALLS EXCEPT TO 911. AS CELL PHONE PLANS CONTINUE TO INCREASE IN PRICE THIS IS A GREAT WAY TO HAVE THE SECURITY THAT YOU CAN CALL THE POLICE OR FIRE DEPARTMENT WHEN NEEDED. PLEASE CALL THE COUNCIL ON AGING TO GET ON THE LIST.**



### **COA VAN INFORMATION**

- Our van runs M-TH 8:45-2:15 and 8:45-12:30 on Friday.
- All rides must be booked through the COA-no rides can be requested of the driver. Rides must be booked by 12pm the day before.
- Transportation is available Monday through Thursday for medical appointments between 9-12pm. Medical appointments must be made a minimum of 48 hours in advance. The sooner you book the ride the better the chance we can take you.
- If you cancel you appointment for any reason please let us know.
- No weekend calls for Monday rides-call by 12pm on Friday for Monday rides.
- Our pick-up time is an estimate. As a result riders must be ready 15 minutes before designated pickup time. Our schedules are tight sometimes and drivers cannot wait.
- We understand that things can come up last minute. If same-day transportation can be accommodated we will provide it, but it is not guaranteed.
- Respecting everyone's personal space while on the van is mandatory.
- Currently there is no fee for our transportation.
- **SEE PAGE 8 FOR MORE INFORMATION ON VAN SERVICE.**

<b>WESTGATE MALL &amp; MARKET BASKET, Brockton</b>	Monday	9:15 pick-up
<b>Lunch at Avon COA</b>	Tuesday	10:30 – 11:00 pick-up
<b>ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON</b>	Wednesday	9:30 pick-up
<b>Lunch at Avon COA</b>	Thursday	10:30 – 11:00 pick-up
<b>WALMART, DOLLAR TREE, STOP &amp; SHOP BROCKTON</b>	Friday	9:15 pick-up

## APRIL 2023

**\*Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	4 <b>12:00 LUNCH</b> <b>RED SOX KICK OFF</b> <b>DAY-WEAR YOUR GEAR</b> 1:00 BINGO	5 9:30 Roche Bros. or Target 1:15 BALANCE CLASS	6 10:30 Chair Yoga <b>11:00 Falls Prevention Program</b> 12:00 LUNCH 12:45 <b>Crafts*</b> 6:00 <b>Johnny Cash Program</b>	7 9:15 Walmart or Stop & Shop 10:00 <b>COA Board Meeting</b> 10:15 Tap class
10 <b>10:30 Holbrook Food Pantry*</b> 10:30 Line Dancing 12:30 CARDS	11 <b>12:00 LUNCH @ TAVERN*</b>  <b>TOWN ELECTION</b>	12 9:00 <b>Nail Care*</b> 9:15 <b>Market Basket</b> <b>11-12 Tech Help*</b> 11-1pm <b>Outreach to Fellowship</b>	13 10:30 Chair Yoga 12:00 LUNCH 1:00 <b>BINGO</b> 1:00 Grief Group	14 9:15 Walmart or Stop & Shop 10:15 Tap class
17  <b><i>PATRIOTS' DAY</i></b> <b><i>COA AND TOWN HALL CLOSED</i></b>	18 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	19 9:15 <b>Market Basket</b> 11:30 Avon Church Lunch 12:00 <b>Dementia Meeting</b>	20 10:30 Chair Yoga 10:30-11:30 <b>Blood Pressure Clinic</b> <b>11:00 Red Sox Game</b> 12:00 Lunch	21 9:15 Walmart or Stop & Shop 10:15 Tap class
24 10:30 Line Dancing 12:00 <b>Restaurant of the Month*</b> 12:30 CARDS	25 12:00 LUNCH 1:00 BINGO	26 9:15 <b>Market Basket</b> 12pm <b>Volunteer Lunch</b>	27 10:00 <b>Hearing Clinic*</b> 10:30 Chair Yoga 12:00 Lunch 1:00 Grief Group	28 9:15 Walmart or Stop & Shop 10:15 Tap class

#### **4/6 Johnny Cash-Songs & Stories w/ Matt York @ 6pm**

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003.

#### **4/6 Falls Prevention Program @ 11am**

#### **4/10 Holbrook Food Pantry Trip @ 10:30 Must take COA van no personal trans. allowed**

The Holbrook food pantry has invited Avon seniors to take part in their free food pantry once a month. The COA van will drop people off so they can walk through with a shopping cart. The limit will be 3 bags of non-perishable, fresh produce, meat, and dairy items. Please call the COA by Thursday 4/6 if interested. As a result of this trip Market Basket will be on Wednesday 4/12.

#### **4/12 Tech Help from the Avon NHS Students-can help with phones and tablets 11-12pm**

**4/12 Outreach Coordinator to Fellowship Circle**—Louise Hardiman will be available to answer any questions and to help seniors with any issues. She will be there from 11-1 in the community room. Come on down to say Hi! If you're not able to come see her but would like her assistance please call her at 774-480-5352.

#### **4/13, 4/27 Grief Support Group @1PM**

Avon COA is hosting a Drop-in Grief Support Group facilitated by Victoria Long, LCSW of Old Colony Hospice.

#### **4/19 Avon Baptist Church Ecumenical Lunch Wednesday @ 11:30**

The luncheons are open to any senior in Avon and surrounding communities. They start at 11:30 a.m. with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

**The COA van is available, call to reserve a ride by 12 the day before.**

#### **4/20 Red Sox Game @1:20, leave Police station @ 11am, tickets \$60.00, call Cathy**

#### **4/24 @12PM Restaurant Day - Tokyo Steak House in Braintree**

Meet us there or we can transport you if you're an Avon resident, just let us know. Reserve early Call Cathy @774-480-5353.

#### **5/3 Balance class begins a new session \$42.00-call Cathy at 774-480-5353**

Six-week program designed to stabilize the core using movements we normally don't use in daily life. Great for posture, back pain, and incontinence.

#### **May 18 4-6PM Dementia Friendly Avon Kickoff Event with Red Sox Championship Trophy**

Avon is proud to be a new member of the growing Dementia Friendly Massachusetts movement. Being Dementia Friendly is about raising awareness, removing stigma, and being more welcoming and supportive of people living with dementia and the people who care for them. The kickoff event will feature the **Red Sox Championship Trophy**, refreshments, and information on a variety of services for adults living with dementia and their care partners. We welcome you to come and see the Red Sox trophy any time **between 4:00PM and 6:00PM on May 18th**. While you are here, have a snack and pick up some information. All are welcome.

Also, if you are an adult giving or receiving caregiver support, please fill out a survey to help us better understand what would help you and our community. For a paper copy of the survey, call or visit the Council on Aging.

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**APRIL LUNCH MENU**

**LUNCH IS SERVED AT 12PM DONATION IS \$5.00**

**PLEASE PLAN TO BE SEATED BY 11:45**

**\*\*\*\*\***

**PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND**  
**ALL LUNCHES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED**

**Tuesday 4/4 RED SOX KICK OFF DAY-WEAR RED SOX GEAR-TRIVIA & PRIZES**

Hot Dogs, pasta salad, chips

**Thursday 4/6**

Lasagna, salad, garlic bread

**Tuesday 4/11 Lunch at the Tavern-Reservation Required**

Tuna salad sandwich, chips, pickle

**Thursday 4/13**

Chicken marsala, roasted potatoes, green beans

**Tuesday 4/18**

Turkey gobbler on bulkie, chips, pickle

**Thursday 4/20**

Fish sticks, French fries, coleslaw

**Tuesday 4/25 Birthday Lunch**

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

**Thursday 4/27 Memorial lunch for Jerry Szydlowski**

**Reservation required-space limited see Cathy**

Beef, vegetable, potato

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## **INFORMATION FROM THE OUTREACH DESK**

**FREE Wednesdays at the Stoughton YMCA** – The Stoughton YMCA offers **FREE** use of its facilities on Wednesdays to members of the COA. Present an ID and your COA Scan card, which is available at the COA. For more information on available programs, call the Stoughton YMCA at 781-341-2016 or visit [www.oldcolonyymca.org](http://www.oldcolonyymca.org).

**FREE Dog Licenses** - Effective January 2023 residents over 70 can get a **FREE** dog license. Current rabies vaccinations will still be required in order to obtain a license.

**FREE COA Van Transportation** - Avon residents age 60 or older or with disabilities can take the COA van for **FREE** around Avon and neighboring communities for medical, shopping, and other trips. Reservations are first come first serve. (When the COA van is not able to take you, BAT is an option if you are going to a place within their service area. It's not free but fares are reasonable.)

### **RMV Contacts for Adults Age 65+**

Older adults who need to renew their driver's license can make an appointment at the RMV or at a AAA location (if a AAA member). Adults age 65 or older can call 857-368-8005 or email [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us).

### **Help for Grandparents Raising Grandchildren**

There are more than 35,000 grandparents raising grandchildren in Massachusetts. Addiction and trauma are frequently part of the story. Massachusetts has a Commission on the Status of Grandparents Raising Grandchildren with information on many financial, legal and other supportive resources. For more information, go to the website [www.massgrg.com](http://www.massgrg.com) or call 617-748-2454.

### **New In-Home Behavioral Health Services at OCES**

OCES is expanding their in-home services to include behavioral health services and support for older adults who may be isolated or have barriers that limit access to behavioral health care. OCES' Elder Mental Health Outreach Team supports older adults age 60 and older who have complex behavioral health conditions, chronic illness, substance misuse, or who are in crisis situations that may require counseling or long-term management to improve overall wellbeing.

### **Fuller Craft Museum FREE Admission**

The Boston Globe asked readers for their favorite museums in the Commonwealth and Brockton's Fuller Craft Museum was in the top 5. This museum explores contemporary craft in forms you can't even imagine until you see them there. The museum is located in a lovely setting on the shore of Upper Porter Pond at D.W. Field Park. It doesn't take a lot of commitment – you can tour the entire museum in an hour or two. And—it offers free admission for all guests, everyday! (A suggested donation is welcome.)

### **Museum and Park Passes at Avon Library**

The Avon Public Library has great discount museum and park passes you can check out with your library card. Passes are available for the Mass Audubon and Trailside Museum, Museum of Fine Arts, Museum of Science, Isabella Stewart Gardner Museum, USS Constitution Museum and Zoo New England.

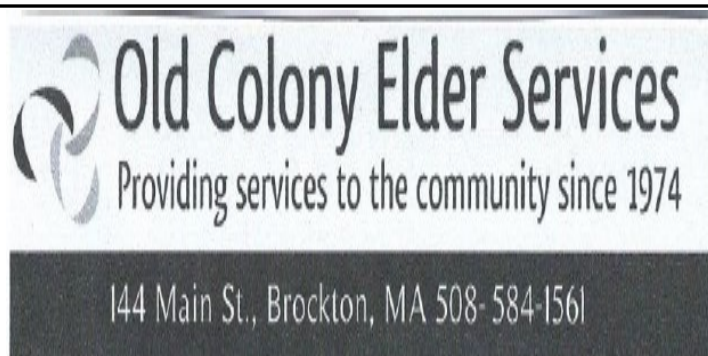


**COA VAN SCHEDULE    HOURS: 8:45 A.M. – 2:15 P.M.**  
**NO MEDICAL APPOINTMENTS AFTER 12PM-BOOK MEDICAL APTS. 48 hours in advance**  
**VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm**  
**NO CHARGE FOR VAN 1/1-3/31/2023**

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<b>ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON</b>	Wednesday	9:30 pick-up
<b>Lunch at Avon COA</b>	Thursday	10:30 – 11:00 pick-up
<b>WALMART, DOLLAR TREE, STOP &amp; SHOP BROCKTON</b>	Friday (day ends @ 1pm)	9:15 pick-up

**Avon COA Van** is available to assist Avon seniors and disabled people with transportation to local medical appointments, social events, shopping, haircuts, banking, post office, voting or Town Hall appointments throughout the week. If there is another local store you want to go to call the COA and ask for Tricia. The van transports to Avon, Randolph, Holbrook, Brockton, Easton, Whitman, Abington.

**BAT Van (New Freedom Program)** and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke  
Members - Joanne Grenham,, Ed Selman, Deborah Greene*